

Diana Carolina Sanchez Polo

📍 Seattle, WA 98103 | ✉️ dcsanchezpo@gmail.com



Education

- **Bachelor of Science in Psychology**
Universidad Cooperativa de Colombia
GPA: 3.5
2014 - 2019
- **High School Diploma**
ICIL Institución Ciudad Lorica
Lorica, Colombia
2012

Work Experience

Counselor (July 2022 - June 2023) *Institución Educativa Gavalda, Guaranda, Colombia*

- Provided one-on-one and group counseling sessions to students dealing with emotional, behavioral, or psychological challenges due to intra-family problems or economic constraints.
- Organized and facilitated workshops on coping skills, conflict resolution, stress management, and life skills.
- Connected students and families with community resources and social services for additional support.
- Provided immediate support and intervention in critical situations, offering emotional support during acute stress or trauma.

Intern - Occupational Risk Management (February 2019 - July 2019) *Alcaldía de Medellín, Colombia*

- Planned, organized, and evaluated activities to preserve and improve individual and collective employee health.
- Conducted health promotion and prevention activities in various work environments.
- Led investigations of occupational diseases to identify causes and define preventive measures.

Research Experience

Research Assistant (January 2024 - Present) *InterACTlab, University of Washington*

- Contributing to cross-cultural research examining the relationship between technology use, youth well-being, and emotional development in adolescence, with focus on underrepresented and international populations.
- Participating in the Spanish translation and cultural adaptation of Social Media TestDrive, an educational program for adolescents' responsible digital participation.

Research Assistant (July 2018 - November 2019) *Universidad Cooperativa de Colombia*

- Assessed cognitive and developmental skills in language-impaired children using WISC-V and Battelle Developmental Inventory.
- Designed individualized work plans based on phonetic, semantic, lexical, and pragmatic strategies.
- Performed data collection for validation and standardization of WAIS-V, WISC-V, and Woodcock-Johnson IV intelligence tests in Colombia.

Research Assistant (February 2019 - April 2019) *Universidad de Córdoba, Colombia*

- Conducted data collection using WAIS-V intelligence test to assess working memory and processing speed.

- Supported research on linguistic-cognitive training with English as a foreign language for cognitive stimulation.
-

Skills

- **Clinical Skills:** Individual & group counseling, crisis intervention, cognitive assessments (WISC-V, WAIS-V, Battelle, Woodcock-Johnson IV)
 - **Research:** Cross-cultural research, data collection, study design, developmental psychology, psycholinguistics
 - **Community Work:** Advocacy, mental health education, workshops facilitation, resource coordination
 - **Languages:** Spanish (Native), English (Advanced - C1 CEFR)
 - **Soft Skills:** Cultural sensitivity, leadership, communication, problem-solving, community engagement, advocacy
-

Training & Certifications

- Peer Mental Health Navigator Training - University of Washington, 2024
 - Multicultural Psychology - Pace University, New York, 2020
 - Training in Autism and Subjectivity - Universidad de Antioquia, 2019
 - Diploma in Gender - Universidad Nacional de Colombia, 2018
-

Conference Presentations

- Speaker at 1st International Gender Congress, Bogotá, Colombia, 2018
 - Speaker at 4th Regional Meeting of Psychology Interns RED ISUAP, Medellín, Colombia, 2018
 - Speaker at 4th International Congress "Buen Comienzo", Medellín, Colombia, 2018
 - Speaker at 12th Book and Culture Festival, "The Shapes of Memory", Medellín, Colombia, 2018
 - Speaker at 1st Reading Fair of Montería, "A River of Books", Montería, Colombia, 2016
-

Leadership & Volunteer Experience

- **Mental Health Advocate** - Erika's Lighthouse, Chicago: Promoting adolescent mental health awareness and education.
- **Volunteer** - Somos Mujeres Latinas (SML), Seattle: Supporting wellness and empowerment initiatives for Latina women.
- **Spanish Language Support Volunteer** - PCPE Seattle: Supporting early childhood bilingual development.
- **President** - Community Action Group, Gavalda Township: Advocating for community needs and promoting resident participation.
- **Secretary** - La Mesa por la Vida y la Salud de las Mujeres, Comuna 9, Medellín: Supporting feminist activism and women's health advocacy.
- **Cultural Volunteer** - Fiesta del Libro y la Cultura, Medellín: Supporting literary and cultural events.
- **Therapy Specialist Volunteer** - Psychology Clinic, Universidad Cooperativa de Colombia: Providing free psychological counseling to low-income communities.
- **Senior Volunteer** - Fundación Pan y Amor por Colombia: Supporting elderly care and psychological support services.